

# Marsden Martial Arts

## Code of Conduct

### 13. Feeling Good About Yourself

Making your bed in the morning, even if you start by helping Mum or Dad in the early years, then moving onto doing it yourself as you get older.

This gives the child a sense of achievement first thing in the morning and sets the tone for the day which is helping, tidiness and accomplishment which 'increases' the child's self-confidence, a sense of contributing and feeling worth while (and less work for the parents).

Find out how to teach your child these values with a free lesson at - [martialarts-chesterfield.co.uk](http://martialarts-chesterfield.co.uk)

